



Governor's Summit on Health, Nutrition and Obesity Actions to Combat California's Obesity Epidemic September 15, 2005

Governor Schwarzenegger has led the fight against California's obesity epidemic in his roles as an educator, leader, community planner, health purchaser and employer by setting an example for others to follow. Below is a description of the action the Governor has taken and asked his cabinet secretaries to take to help make his vision for a healthier California a reality.

Governor as a Leader

- Answering Governor Schwarzenegger's call for action, heads of public and private sector organizations are making significant commitments to change core business practices to help achieve the Governor's vision of a healthy California.
- Governor Schwarzenegger is one of six U.S. governors serving on the National Governors Association's Healthy America Taskforce.
- At the Summit, Governor Schwarzenegger is signing landmark legislation relating to healthy foods and beverages in schools, making California a national leader in protecting the health of school children.
- The Schwarzenegger Administration is leading public education efforts to ensure the public is aware of the importance of healthy living. Current public education efforts within state government include:
 - The Department of Health Services' 5 A Day campaign;
 - The Healthy Families/First 5 California campaign targeting parents and caregivers of children five and under; and
 - The California Department of Food and Agriculture's partnership with the California School Nutrition Professionals campaign targeting adolescents.
- Governor Schwarzenegger has asked Health and Human Services Secretary Kimberly Belshé, Safeway Chief Executive Officer Steve Burd and Center for Public Health Advocacy Executive Director Harold Goldstein to convene a workgroup to ensure the commitments made by government, non-profit organizations and businesses at his Summit on Health, Nutrition and Obesity are implemented. The Governor has asked this group to build upon the

momentum of this summit by seeking additional commitments from other California businesses and organizations committed to creating a healthier future for the state.

- The reconstituted Governor's Council on Physical Fitness and Sports is charged with promoting physical activity and issuing a fitness challenge to all Californians. High profile and celebrity members of the Council include:

Board of Directors:

Austin Beutner, Chair	Rusty Gregory	Gene Sykes
Ron Beard	Tim Leiweke	Nancy Tellem
Steve Bomstein	Michael Lynton	Peter Vidmar
Ann Meyers Drysdale	Jamie McCourt	Casey Wasserman
André Farr	Marti Remmell	Jake Winebaum

Council Members:

Debbie Allen	Tony Hawk	Misty May
Robert Balk	Reggie Jackson	Jerry Rice
Lindsay Davenport	Michelle Kwan	Serena Williams
Lisa Fernandez	Jack LaLanne	John Wooden
Julie Foudy	Lisa Leslie	Kenny Rogers

- The Governor's Council is partnering with 24 Hour Fitness to provide access to physical activity for high school students by offering a 30-day free membership to students who sign up to complete the Governor's Challenge and a free semester pass for youth completing the Governor's Challenge.

Governor as an Educator

- The Governor took action to ensure California's students have access to healthy food and beverages in schools by signing SB 12 and SB 965 by Senator Martha Escutia (D-Montebello), landmark legislation to give California's public schools the strongest nutrition standards in the nation, and SB 281 by Senator Abel Maldonado (R- San Luis Obispo) which provides a framework to implement the \$18.2 million in the Governor's budget to include more fresh fruits and vegetables in school meal programs.
- The Administration is launching the California School Garden Network, creating and sustaining gardens in every willing California school through a California Department of Food and Agriculture led partnership that includes the Departments of Health and Education and the Western Growers Association.

Governor as a Community Planner

- The number of children walking or biking to school will increase through grants awarded under the Business, Transportation and Housing Agency's Safe Routes to Schools program.
- The Governor, through the Department of Parks and Recreation, will improve the nutritional standards of food sold at State Parks concessions to encourage healthier eating.
- The Administration will urge park professionals at every level to encourage and assist Californians in taking advantage of recreational opportunities that improve their health and fitness.
- The Administration will actively promote hiking and outdoor activity by widely distributing State Parks' new "Take a Hike" brochure, which lists urban and rural hikes across the state where people can visit beautiful places, have fun, and improve and enrich their lives.

Governor as a Health Purchaser

- Within Medi-Cal and Medicare and Healthy Families programs, the Administration will work with health plans to implement educational efforts aimed at provider networks and members, increase BMI screening rates and encourage health plans to offer incentive programs to promote member participation and improved health outcomes.
- The Administration will add obesity and diabetes prevention screens to the Child Health Disability Program (CHDP) through the Department of Health Services and work with CHDP providers who conduct more than one million preventive health screenings every year to increase the number of children receiving obesity prevention services.

Governor as Employer

- The Governor is establishing a workgroup of key cabinet secretaries and department directors, to oversee the Department of Personnel Administration's WorksWell program that offers wellness programs to state employees.
- The Governor is also calling upon his cabinet workgroup to analyze and consider implementing or improving state employee wellness initiatives and public programs. Some elements to consider include opening stairwells in state buildings, ensuring we have fresh and healthy cafeterias and vending machines and identifying exercise paths near state buildings.

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